Volunteers of the Month

So much more than a drop in the bucket...plastic pumpkin...or Trick or Treat bag! 11,000 pieces of candy for Trick or Treat were donated by residents, staff, and family members.

This month we honor all those who contributed to our candy collection by volunteering their generosity.

As each sweet piece was handed out, it was so much more than a simple tradition. Each tiny packaged morsel acts as a bridge... a bridge between the giver and the receiver that links together generations, emotions, memories, communities, and a purpose. These tiny candy bridges connect to ignite magical energy that lights up eyes, smiles, and hearts among children, family members, residents and staff.

The Trick is that everyone thinks it's all about the candy. The Treat is that it is so much more. Because every piece counts, YOU made the difference.

Thank you for volunteering to provide delight for Trick or Treat at Green Hills.

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November Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Age</th>
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<tr>
<td>Norma Creamer</td>
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<td>Robert Bishop</td>
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<td>Frances Brooks</td>
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<td>Annabelle Hostetler</td>
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<td>Mary Lewis</td>
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<tr>
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<tr>
<td>Jean Maxwell</td>
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Gifting Opportunity

As we approach the season of thanks and giving to others won't you consider giving to the Green Hills Community?

To discuss how to make a gift in your legacy or estate plans, please contact Nita Wilkinson at 937-650-7146 for a confidential conversation.

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Front Porch News

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A Thanksgiving Cornucopia of Blessings

A parishioner was recently buried at Arlington National Cemetery on a beautiful October afternoon. And as all things military, everything was predictably precise. As we lingered near the burial site, many of those in attendance inspected the names, service, dates, and emblems engraved on the stones and burial crypts. Some carried a cross, others had a Star of David. Many had a descriptor: Loving Husband, Beloved Son, Daughter and Sister, etc. In passing, the widow told me her husband's headstone would have an engraving of Luther’s Rose, a symbol not only of his life as a Christian but also as a Lutheran. On part of the trip home, I reflected on what people choose as their “parting shot” or their “last word” for all the world to see. What would we choose?

Unlike Arlington, public cemeteries have few restrictions on headstones nor on epitaphs. My father was a lifelong farmer who turned to a late-in-life hobby of tractor pulling. His headstone contains engravings indicating both. My mother’s stone features a Bible verse. Some epitaphs hide meanings casual viewers would not understand. A case in point is Edgar Lee Masters’ Spoon River Anthology, a book of poems that explain the real lives behind the flowery language found on many stones.

November is filled with dates that compel us to remember. There is All Saints’ Sunday when we pay homage to those near and dear to us who have died. There is Veterans’ Day, a celebration when we honor those who have spent a portion of their lives serving in our nation’s military. We have Thanksgiving, a day we take the time to be thankful for the many wondrous blessings of this year. And the first Sunday of Advent begins a season of preparation for Christmas, although many think Black Friday is the official launch for Christmas.

Sometimes Thanksgiving gets shortchanged, but I find it encompasses all our holidays. Thankful for those individuals who have raised us, molded us, encouraged us, and launched us into life, every single one of us can name people who were special in some way in making us the people we are today. And veterans! How can we ever thank them enough for their part in the armed forces? Whether they served on a base here in the states or on the front lines of a conflict in a far-away nation, they put their lives and careers on hold for people they will never know. And we will never adequately be grateful enough for the most wonderful gift of a savior. Paul wrote in his second letter to the Thessalonians that we “should give thanks in all circumstances, for this is the will of God in Christ Jesus for you.” In addition, there are a number of psalms that signal an endless stream of thanksgiving to God for all his loving generosity. So of all the many signs we might choose to symbolize our lives, select carefully that all the world might know that for which we are most thankful.

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Pastor Cheryl Siegenthaler
Chaplain
Resident Receives Diploma 71 Years Later
Bellefontaine City School board members recognized the service of World War II veteran and Green Hills resident Robert Enoch with an honorary high school diploma — certification he wouldn’t receive because of his service in the Navy during World War II.
Mr. Enoch had his high school education cut short in 1941 when he was drafted to military service. He was on track to have been a 1943 graduate of Bellefontaine High School.
Mr. Enoch was an aviation specialist, trained fireman and machinist during his time in the Navy. He was also trained in electricity and engineering, according to information shared with the board.
He earned the Asiatic-Pacific Campaign medal, which was awarded to any military member who served in the Pacific Theater during WWII. The war veteran was honorably discharged Nov. 3, 1945. Upon his discharge, he was given a total of $125.91 to help with travel and relocation and incidentals related to adjusting back to civilian life, Superintendent Brad Hall said. Mr. Enoch turns 90 this year.
In order to qualify for an honorary diploma, veterans must have left high school for active duty service, and have been honorably discharged. The school district was contacted by Mr. Enoch’s son, Marion, about the possibility of his dad receiving an honorary diploma. The school board gave the Navy veteran a standing ovation for his service. “I’m glad I lived long enough to get here,” Mr. Enoch concluded.

Fall Prevention
Green Hills Community recently received a grant from Mary Rutan Hospital for a fall prevention grant. We will be partnering with Catholic Social Services to offer a Matter of Balance classes to minimize the risk of falling. Falling is not a natural part of aging, a Matter of Balance teaches some strength and flexibility exercises as well as adding an education component that teaches participants the red flags for falls.
If you are interested in a Matter of Balance please call Nita Wilkinson at 650-7146.

Chocolate and Peanut Butter; need I say more?
Hershey’s Kiss into melted chocolate and top with a bite-size NutterButter.
1. Melt 1/2 bag of Mini-Chips (5 second interval in the microwave, stirring well each time)
2. Dip the flat end of the Hershey’s Kiss into melted chocolate and top with a bite-size NutterButter.
If you have a peanut allergy, substitute the NutterButter for a Ritz Bitz!

We will be widening the road in front of the Community Center. Paving is scheduled for the week of November 10!

Health Fair A Success!
Thank you to all who attended the West Liberty Health Fair on Friday, October 24, in Foundation Hall. The annual event is a partnership between Green Hills and Mary Rutan Hospital in helping everyone develop healthy habits for a healthy you.
Offered were the ever popular cholesterol and glucose screenings, dermascan looking for skin cancer and the bone density check.
New this year was the EKG strip which doctors now use to determine the healthiness of a heart. In the past, other screenings were offered for this, but those tests are no longer considered valid. Another bonus with the EKG strips is that the service was free to the public—costs were covered through the Mary Rutan Hospital Foundation.
In all, 112 people attended the health fair that was open to residents and staff, as well as the public. If you have suggestions for next year’s health fair, please contact Rebecca at 937.650.7117 or e-mail RSmith@greenhillscommunity.org.

Upcoming Events
November 5th at 2:30 PM Foundation Hall Fabulous 40’s & 50’s Feating the Millennium Melodiers
November 8th at 2:00 PM Foundation Hall “One Man Band”
Featuring keyboard and vocalist Jim Herrmann
November 11th at 2:00 PM Foundation Hall Veteran’s Day Tribute
Featuring music by “Just Duets”
November 19th at 1:30 – 5:30 PM Foundation Hall CBC Blood Drive
November 26th at 6:30 PM – Foundation Hall Thanksgiving Eve Service

Bonnie’s Community Connection
November is American Diabetes Month
The American Diabetes Association uses this month as an opportunity to raise awareness of the disease and its complications.
The following symptoms of diabetes are typical. However, some people with Type 2 diabetes have symptoms so mild that they go unnoticed.

Common symptoms of diabetes:
⇒ Urinating often
⇒ Feeling very thirsty
⇒ Feeling very hungry - even though you are eating
⇒ Extreme fatigue
⇒ Blurry vision
⇒ Cuts/bruises that are slow to heal
⇒ Weight loss - even though you are eating more (Type 1)
⇒ Tingling, pain, or numbness in the hands/feet (Type 2)
⇒ Early detection and treatment of diabetes can decrease the risk of developing complications associated with Diabetes
⇒ Contact your Healthcare Professional if you have symptoms for evaluation.

Veteran’s Day: If you would like your name and branch of service to be added to our GHC Veteran’s Day acknowledgment list, please contact Jessica Shaw at 937-650-7131 by November 4th.

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